

JOIN US FOR FUN MONTHLY EVENTS



Special Events Seminars Muffin Mingle BUNCO PoKeNo Bingo

Activity	Date	Time	Location
Coffee & Conversations	Weekly on Wednesdays	8:00AM-10:00AM	Pontchartrain Drive
BINGO \$5 to play	Wednesday, 2/4	12:30PM	Military Studio One
BUNCO \$5 to play	Monday, 2/9	12:30PM	Gause Mind Body Studio
Krewe of CG Carnival (Sign up by 2/10)	Thursday, 2/12	12:30PM	Military Sportsplex
Fat Tuesday Gause Open Special Class	Tuesday, 2/17	11:15AM	Gause Studio One
MUFFIN MINGLE	Monday, 2/23	10:15AM	Gause Cafe
POKENO \$3. to play (11 nickels, 22 dimes & 1 quarter)	Tuesday, 2/24	12:30PM	Pontchartrain Drive
Fit 60 Lunch (Sign up by 2/20)	Wednesday, 2/25	12:30pm	Military Cafe

**Aches & Pains?
Recovering from Surgery?**
Let Physical Therapy Help You.
Free Consultations For Members Available at All Locations





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Krewe of Cross Gates

LIVE MUSIC
w/ Missi from Witness

KING CAKE

Member Potluck

Sign Up at the Front Desk



Thursday, 2.12 | 12:30pm
Military Rd. Location
Sports Complex



MEMBERS'

MARDI GRAS

HEADQUARTERS

Make CG your Glidell parade stomping grounds!

Bathrooms open for members only

EASY FREE Parking

SMOOTHIE KING OPEN

Pontchartrain Dr. Open for all afternoon and night parades
Gause Blvd. closed for all night parades
Military Rd. is always open during all parades, all members are invited to come workout.

Schedule

1.30 • Fri Krewe of Titans • 6:30pm
Gause Blvd. Closes at 6pm, reopens Sat. at 7am

1.31 • Sat Krewe of Poseidon • 6:00pm
Gause Blvd. Closes at 6pm, reopens Sun. at 7am

2.1 • Sun Krewe of Antheia • 1:00pm
All Locations Open Regular Hours

2.8 • Sun Krewe of Dionysus • 1:00pm
All Locations Open Regular Hours

2.13 • Fri Krewe of Selene • 6:30pm
Gause Blvd. Closes at 6pm, reopens Sat. at 7am



Fit60+ Luncheon

Wednesday, 2.25
12:30 at Military Rd.
Sign up at Front Desk
by Friday, 2.20

MILITARY RD. LOCATION

Monday	8:30am Spinergy 8:30am Stretch &Strength A	9:00am Aqua Zumba G A	9:30am Body Pump(45min) 10:15am Les Mills Core (30 min) A	11:15am Zumba Gold G A		5:30-6:30 Intro to Pickleball (1st & 3rd Monday of month) A	6:00pm Yoga Beginn er Flow A
Tuesday	10:00am - 12:00pm Pickleball Indoor Open Play A	9:00am Aqua Aerobics G A	9:30am Les Mills Core (45 min) A	10:15 am Pilates 10:30am Dance Gold A	11:00am Active Yoga 12:30pm Line Dancing Intermediate A	6:00pm Active Yoga A	
Wednesday	8:30am Spin A	9:00am Aqua Aerobics G A	9:30am SOULfusion A	11:15am Flexercise G			
Thursday		9:00am Aqua Aerobics 9:00am Les A	9:30am SOULfusion 10:15am Pilates (30min) A	11:00am Active Yoga A	11:15am Silver Yoga: Seated Chair G	12:30pm Int/Adv Line Dancing A	5:00pm Les Mills Core 30min 5:30pm Body Pump A
Friday	8:30am Spin A	9:00am Aqua Zumba G A	9:30am Barre A	10:00am Body Pump A	11:15am Silver Sneakers G		6:00-7: 30pm Pickleb all Instructi onal Drills (Beginner, Intermedi ate) A
Saturday	7am-9am Pickleball Indoor Open Play(Must Reserve Nets A	8:30am Intermediate Yoga (75 min) A					
Sunday	9:00am Spinergy	10:15am Body Pump					

Active: These programs are for the mobile individual actively engaged in life but may want modifications such as low to zero impact while still having the options for intensity **Gentle:** These classes are for the senior who is ready to slow down slightly with adaptive exercises that are easier on the body and provide options that more closely monitor heart rate and balance while still helping to maintain cardiovascular health, strength and mobility.

TRY THESE CLASS FAVORITES TO GET STARTED TODAY!

Silver Sneakers - Exercises for everyday life activities! Starting in a chair and moving to standing, this class is great for seniors, deconditioned beginners or people with physical challenges. I **Flexercise** - Designed for all skill levels using movements to maintain or enhance strength, flexibility, coordination, and balance while standing and seated. Exercises using hand weights, balls, rhythm sticks, and resistance bands all set to fun music! I **Silver Yoga: Seated Chair** - Gentle yoga using a chair for support. Designed to improve flexibility, stability, balance, and improve range of motion. I **Zumba Gold** - A low impact modified Zumba class for active older adults with super fun moves at a lower intensity. Also incorporates strength work with hand weights. Easy-to-follow choreography that focuses on balance, range of motion and coordination. I **Dance Gold** - A low impact, high energy dance class for active adults focusing on music from 50s, 60s & 70s.

CLASS SCHEDULE

GAUSE BLVD LOCATION

Monday	9:00am Yoga-Latis A	9:00am Aqua Aerobics G A	9:30am Les Mills Core (45 min) A	11:15am Flexercise G	12:30pm Beginner Line Dancing A	5:30pm Spin (45min) A	6:00pm Barre A	6:45pm Aqua Aerobics G A
Tuesday	8:45am Spin A	9:00am Aqua Aerobics G A	10:00am Body Pump A	11:15am Zumba Gold G A		5:00pm Les Mills Core (30min) A		
Wednesday	5:00am PiYO A	9:00am Aqua Aerobics G A	9:00am Zumba Toning &Stretch A	11:15am Silver Sneakers G	12:30pm Beginner Line Dancing A		5:00pm Les Mills Core (30 min) A	
Thursday	8:30am Body Pump A	9:00am Aqua Aerobics G A	9:30am Spin (45min) A	11:15am Silver Sneakers G		5:00pm Body Pump A		6:45pm Aqua Aerobics G A
Friday		9:00am Aqua Aerobics G A	9:30am Zumba A	11:15am Zumba Gold G A				
Saturday	8:30am Spin A							

PONTCHARTRAIN DR. LOCATION

Monday	8:45am Core & More Strength A	9:30am Dance Fit Fusion A	11:00am Active Yoga A		6:00pm Stretch & Strength A
Tuesday	8:30am Active Yoga A		11:15am Silver Sneakers G		5:30pm Hip Hop Spin A
Wednesday	8:30am Step A	9:30am Core & More Strength A	11:00am Active Yoga A		
Thursday	8:30am Spin A	9:30am Dance Fit Fusion A	11:15am Silver Sneakers G		5:30pm Hip Hop Spin A
Friday	8:30am Intermediate Step A		11:00am Beginner Yoga Flow A		
Saturday					

Other Activities Available:

LiveFit Total Wellness

CG | Circuit

Pickleball

Tennis

Racquetball

Personal Training

Physical Therapy

Need more help? Schedule
a free Fitness Consultation
at the Front Desk.